

ADVANCED OUTDOOR COOKING

August Learning Events – Thursday, August 9, 2007

Trainers: Barb Anzalone & Lizbeth Kohler

OBJECTIVE:

To provide participants with hand's-on opportunities to try delicious recipes and various outdoor cooking methods.

Direct Heat

Cooking with coals, sticks, bags and cans, etc.

*** STEW IN COFFEE CAN**

Beef Shiskabobs
Egg in Shell
Chicken Skewers
Eisenhower Roast
Breakfast in a Paper Bag
Cornish Game Hen

Foil Cooking

*** LEMON-LIME SALMON**

Sausage Veggie Grill
Chicken Cordon Bleu
Green Bean in Foil
Carrots in Foil
Tilapia in Foil
Cheesy Potatoes in Foil
Chicken Fajitas
Meatloaf in an Onion

Dutch Oven

*** NACHOS**

*** CHICKEN VEGGIE DISH**

Lasagna
Cola Chicken
Chicken Enchiladas
Country Spareribs & Sauerkraut
Cheesy Potatoes

Vagabond Stoves & Buddy Burners

One Eyed Jack Breakfast

Pie Irons

Mountain Burritos

No Heat Cooking

*** MOCK BANANA CREAM PIE**
*** EASIEST FRUIT SALAD EVER**
Crunchy Cole Slaw

Box Oven

*** INDIVIDUAL PIZZA**
Mini Campfire Pies
Cornbread
Garlic Bread

Skillet Cooking

Popcorn
Taco Salad in a Bag

Novelty Cooking

*** FLAMING DOGS**
*** SOLAR DOGS**
*** ICE CREAM**
(In a can, in a bag, in a ball)

COOKING WITH DIRECT HEAT

* **COFFEE CAN STEW**

2 Strips Bacon, chopped
Stew Meat (beef, cubed chicken, meatballs, gr. Beef or sausage)
Diced Veggies (potatoes, gr. peppers, celery, tomatoes, onion etc.)
Spices (Salt, Pepper, garlic, bay leaf, thyme, etc.)
Water
Empty & Clean Coffee Can
Oven Mitts
Foil

Place raw bacon pieces in the bottom of the can, this keeps the rest from sticking. Next layer your choices of meat, veggies and spices until the can is about $\frac{3}{4}$ full. Add 1 – 1 $\frac{1}{2}$ cups of water. Cover tightly with foil, Place can in hot coals for about 1 hour. **NO PEEKING!** Use oven mitts to take cans out of the coals. Let rest 10-15 minutes. Stir up stew and enjoy.

NOTE: If preparing as an individual meal, use small 1 pound coffee can and have all the ingredients chopped up and let each person add what they want to their can. Dinner cooks itself!

Shish Kebabs

1 lb Meat, cubed (beef, pork, chicken or a mixture of 2 or 3)
1 can Pineapple Chunks
1/2 lb Mushrooms, whole
10 Cherry Tomatoes
2 Onions, quartered
1 Green Peppers, sliced
Any other veggy you want to try (be creative)
Salt & Pepper

Alternate pieces of vegetables and meat on a skewer. If you don't have skewers, they can be made from green wood branches about 1/4 - 1/3" thick, wire from a clothes hanger (with paint removed), or a length of wire (form loops on the ends when food is in place for easy handling). Brush with BBQ sauce, Italian Salad dressing or flavored butter if desired. Cook over hot coals until done, about 15 to 20 minutes depending on the type of meat used.

Eggs Baked In the Shell

12 eggs
salt
pepper
bread (optional)
margarine (optional)

Pierce small end of eggs with a pin. Place eggs in hot ashes with small end up. Bake for 10 to 20 minutes. If desired, serve hot on buttered toast and season with salt and pepper.

Breakfast in a Paper Bag

Use a lunch-sized paper bag on the end of a pointed stick to cook your bacon and eggs for breakfast. Cut a strip of bacon in half and cover the bottom of the paper bag with it. Break an egg into the sack over the bacon. Roll the top of the sack halfway down in 1-inch folds and push a stick through the roll at the top of the bag. Hold the bag over the coals. Grease will coat the bottom of the bag as it cooks. The egg will cook in about 10-15 minutes. (You can also cook the bacon and eggs by setting the bag on a piece of foil.) Be careful. If the sack gets too near the coals, it will burn. When the eggs and bacon are done, roll down the sides of the sack and eat your breakfast.

* Recipes tested at 2007 August Learning Events

Chicken Kabob Dippers

4 small boneless skinless chicken breast halves (about 1 lb.), cut into 1-inch pieces
4 wooden skewers, soaked in water
1 medium yellow or green pepper, cut into chunks
1 medium red onion, cut into chunks
1 small zucchini, cut diagonally into 1/2-in.-thick slices
2 Tbsp. KRAFT Mayo Light Mayonnaise
2 Tbsp. KRAFT Original Barbecue Sauce

Preheat grill to medium-high heat. Thread chicken onto skewers alternately with vegetables.

Grill 3 to 4 min. On each side or until chicken is cooked through and vegetables are crisp-tender, turning frequently.

Meanwhile, mix mayo and barbecue sauce until well blended. Serve with the kabobs for dipping.

Cornish Game Hen

Cooked under a coffee can

Cornish Game Hen (Depending on appetite, each hen will serve 1 person)

1 Onion

Salt, Pepper & Poultry Seasoning

Bacon

Butter / Margarine / Cooking Oil

1. Sharpen a stick 8-10 inches long and thrust it into the ground to make a hole that will be used later.
2. Remove the stick, split the other end and wedge a clean stone between the split ends to hold them approximately 2 or 3 inches apart. Sharpen the split ends.
(or . . . use a forked stick.)
3. Clean Cornish game hen. Season the inside of game hen with salt & pepper.
Cut onion in quarters, wrap slice of bacon around onion, and place into cavity of game hen (opt.)
4. Insert the forked end of the stick through the opening in the game hen and into its rib cage so the hen won't slip down on the stick while it is cooking.
5. Lather outside of game hen with butter / margarine / oil; season with salt & pepper, and poultry seasoning
6. Place a piece of foil over the previously made hole. Push stick into ground until a clean coffee can is able to be set down over the hen & rest on the ground. The hen should not touch the sides of can or it will burn.
7. Place hot coals on top of, around the bottom, and stacked up the sides of the can.
8. Allow cooking about an hour and a half (90 minutes). Remove coals from top of and around can. Remove can. Enjoy!!

Eisenhower Roast

Pot Roast on Embers

Lots of Hot coals
6-8 lb. Eye of round roast

large jar of yellow mustard
box of kosher or pickling salt

Most people when watching this recipe being prepared are taken aback by the process. If done as directed, it is without a doubt the most unique method of preparing food that I have ever seen. Tastes absolutely great, too!

A key to the success of this recipe is to have plenty of charcoal prepared to the glowing hot state prior to cooking. Not having enough charcoal may lead to a failed attempt. Be sure to use at least 10 lbs. per roast, more, to be safe. Also you must have several good hot pads or insulated mitts and barbecue tongs, preferably long-handled ones.

Choose an area where you can work. It is best to have a large plastic cutting board, a platter or a baking dish to contain the ingredients and allow for easier clean-up.

Coat the roast with a heavy layer of yellow mustard. After you have as much mustard on as will stay (the better the brand of mustard, the thicker it will be and easier to use) begin to apply the salt as heavily as you can. The salt will absorb moisture from the mustard and begin to get pasty. Be sure the coating of salt is as heavy as it can be. Coat the entire roast this way. You will have to patch somewhat as you turn the roast. A rubber spatula and a table knife are good tools, but don't be afraid to use your hands. When you're done, the roast will have a thick, solid coat of mustard and salt. By this time, if your scouts have been watching, they'll be ready to phone for pizza, thinking that you've ruined a good piece of meat. Don't let them!

Now comes the fun part. The process of coating the roast should take about a half-hour. The fire should be red-hot now (all the coals should have a gray-white coat). Spread the coals out with the long-handled tongs, being very careful. Be sure to have a nice even layer in the center.

You now want to place the coated roast right in the center of the coals. That's right, on the coals. Lift the roast with two metal spatulas or something similar. Roll the roast slightly as you place it on the coals so you can repair any minor damage to the coating that may have occurred when lifting.

Now use the tongs to stack a layer of coals all around the roast, completely covering it. Here is where you want to have plenty of coals. Be sure to time the cooking process carefully. From the time you finish stacking the last coal, the roast should take no longer than 45 minutes to cook.

When 45 minutes is up, push aside the coals, the mustard and salt will have formed a hard, thick crust and you need to crack this open. The meat inside will have shrunk somewhat and can be easily removed. Some parts of the surface may be charred slightly, this adds to the flavor. Slight traces of mustard may be found, these wipe off easily.

Be sure to slice the meat on a serving platter for the juices will run freely.

VAGABOND STOVE & BUDDY BURNERS

One-Eyed Jack Sandwich

1 slice Bread
1 Egg
2 Tb Butter
Salt
Pepper
1 slice Cheese (optional)

Remove a 2 inch circle from the center of the bread slice. Melt butter on the top of the vagabond stove over medium heat. Place bread slice into the stove. Break egg into the hole in the bread slice, reduce heat and season with salt and pepper. Cook until bread is golden brown. Turn bread and egg over, top with cheese slice (if desired), and cook until egg is the desired doneness.

* Recipes tested at 2007 August Learning Events

COOKING WITH FOIL

* LEMON-LIME SALMON

1 lemon	1 tablespoon olive oil
1 lime	3 tablespoons butter
1 teaspoon cumin	2 salmon steaks
1 teaspoon garlic, minced	salt and pepper

Place salmon steaks on heavy duty aluminum foil. Grate lemon and lime into zest in a small bowl and set aside. Squeeze both lemon and lime over salmon steaks. Squeeze any remaining juice into the reserved bowl of lemon-lime zest. Sprinkle salmon steaks with olive oil, salt, pepper, garlic, and cumin. Slice the remaining lemon and lime and lay over salmon. Mix butter and lemon-lime zest, take a spoonful and dab over each salmon steak. Fold the foil around the salmon steaks. Place foil salmon pouches on grill or open fire and cook until salmon flakes.

Sausage Veggie Grill

1 lb. Italian sausage links, cut into 1/2-inch slices	1/4 cup olive oil
1 med. zucchini, cut into 1-inch slices	1 tablespoon dried oregano
1 med. yellow summer squash, cut into 1-inch slices	1 tablespoon dried parsley flakes
1 med. sweet red pepper, sliced	1 teaspoon garlic salt
1 med. onion, cut into wedges	1 teaspoon paprika
1 cup quartered fresh mushrooms	

In a large bowl, combine the first six ingredients. In a small bowl, combine the oil, oregano, parsley, garlic salt and paprika. Pour over sausage mixture; toss to coat. Divide between two pieces of heavy-duty foil (about 14 in. x 12 in.). Fold foil around sausage mixture and seal tightly.

Grill, covered, over medium heat for 25-30 minutes or until meat is no longer pink and vegetables are tender. Open foil carefully to allow steam to escape. Yield: 4 servings.

Chicken Cordon Bleu in Foil Packets

4 boneless skinless chicken breast halves
1/4 cup mayonnaise or salad dressing
1 Tbsp. Dijon mustard
4 (1 oz.) slices cooked ham
4 (1 oz.) slices Swiss cheese

Heat grill. Place 1 chicken breast half between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with flat side of meat mallet or rolling pin until about 1/4 inch thick; remove wrap. Repeat with remaining chicken breast halves. In small bowl, combine mayonnaise and mustard. Cut four 18x12-inch pieces of heavy-duty foil. Place 1 chicken breast half on each; spread about 1 Tbsp. mayonnaise mixture on each breast half. Top each with 1 slice ham and 1 slice cheese. Wrap each packet using double-fold seals, allowing room for heat expansion. When ready to grill, place packets, seam side up, on gas grill over medium heat, on charcoal grill 4 to 6 inches from medium coals, or on campfire grill over medium heat. Cook 20 to 30 minutes or until chicken is fork tender and juices run clear, rearranging packets several times during cooking.

Glazed Carrots in Foil

4 cups diagonally sliced carrots	1/4 tsp. salt
8 garlic cloves, peeled and halved	1/4 tsp. freshly ground black pepper
2 tsp. olive oil	

Prepare grill for a medium fire. In a medium bowl, combine carrots, garlic, 1 Tbsp. water, the oil, salt and pepper. Transfer to center of double layer of heavy-duty, extra-wide foil. Make packet by bringing 2 sides of foil up to meet in center and pressing edges together in two folds. Then fold edges of each end together in two 1/2" folds. Allowing room for packet to expand, crimp edges together to seal. Grill carrots 25 minutes until cooked through. Remove from grill and open packet carefully. Divide evenly among 4 plates and serve. Serving size 3/4 cup.

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Green Beans in Foil

2 cups trimmed green beans
1 Tbsp. minced fresh mint leaves
1 Tbsp. fresh lemon juice

2 tsp. olive oil
¼ tsp. salt
⅛ tsp. freshly ground black pepper

1. Prepare grill
2. In medium bowl, combine beans, mint, juice, oil, salt and pepper. Transfer to center of double layer of heavy-duty, extra-wide aluminum foil. Make packets.
3. Grill beans 15 minutes, until cooked through. Remove from grill and open packet. Serve. Serves 4

Cheesy Potatoes in Foil

4 Lg. potatoes (2 lbs.), unpeeled & cut into 1/4" slices
1 medium onion, minced
4 Tbs. butter or margarine, cut into small pieces

1 tsp. salt
1/4 tsp. pepper
(1) 4 oz. pkg. shredded sharp Cheddar cheese

Prepare grill. Wrap all ingredients except cheese in double thickness of heavy-duty foil which has been lightly greased with butter. Place foil packet on grill over medium heat; cook 35 minutes or until potatoes are tender, turning packet often with tongs.

Remove packet from heat; sprinkle with grated cheese.

Fish in a Forked-Stick Frying Pan

Fish (Tilapia, Mahi-Mahi, Shark, etc)
Italian Dressing or Lemon Juice

Salt & Pepper
Paprika (opt.)

Marinate your choice of fish in your choice of marinade. Then follow directions for "Foil Frying Pan" method. This method can be used for many recipes (i.e.: hamburgers, hotdogs, etc.)

To make a foil pan, cut a green willow switch flexible enough to make a loop at the end about the size of a frying pan. Secure the loop to the stick with wire or by tying it. If a loop cannot be made, cut a forked stick; cut off the forked ends evenly about 4 to 8 inches beyond the forked joint, depending upon the size of pan desired. Whether you use the loop or the fork, cut a piece of foil that extends 3 inches beyond the size of the loop or the fork. If you desire the pan to have depth, allow the foil to sag in the middle. After forming the pan, roll the excess foil as far under and around the stick as possible.

A frying pan can also be made from a coat hanger by straightening the hook and pulling the center bottom wire to form a square. Place foil across the wire and wrap it around twice. To make a handle, tightly wire the straightened hook to a stick so it will not burn.

Chicken Fajitas in Foil

8 Chicken Breasts, cut into ½ inch strips
& marinate in fajita marinade
2 bell peppers, cut into strips
2 med Onions, cut into strips

Salt & pepper to taste
16 Tortillas
1 jar Salsa
1 pint Sour Cream

1. On a greased piece of heavy-duty foil, place chicken, peppers & onions.
2. Wrap securely.
3. Turn over foil packet and wrap in a second piece of heavy-duty foil.
4. Place on hot coals and cook 20 minutes turning once, half way through.
5. Carefully remove from coals & open package.
6. Place chicken and veggies onto a tortilla.
7. Add salsa & sour cream & enjoy. Serving size = 2 Fajitas, serves 8 total.

Meatloaf in an Onion

½ cup dry Breadcrumbs

½ cup Milk

1-1/2 lbs Ground Beef or Chuck

2 beaten Eggs

1/3 cup Tomato Sauce or Ketchup or Barbeque Sauce

8 medium Onions

½ t Dry Mustard

1 t Garlic Powder

½ t Sage

Salt & Pepper to taste

1. Peel off the outer layer of the onion, cut onion in half & pop out the center layers, saving the outside layers.
2. Using part of the center of the onion, chop it up until you have ¼ cup of chopped onion.
3. In a 1 gallon self-sealing bag, combine together breadcrumbs, milk, ground beef, egg, tomato sauce, chopped onion, and seasonings. Mix well by squeezing.
4. Form into individual balls and place in the center of the onion.
5. Place stuffed onion on a greased piece of heavy-duty foil and wrap securely.
6. Place on coals to cook. Cook about 20-30 minutes depending on size of onion. Turning once.

Makes 8 servings.

PIE IRON COOKING

Mountain Pie Burrito

- Prepared Taco Meat
- Salsa
- Shredded Cheddar Cheese
- Burrito Size Tortillas
- Optional: Grilled Onions, Bell Peppers

Directions:

At home prepare taco meat, we like the McCormick Mild for kids. Put in zip-lock bags and place in camping cooler. You can also sauté some onions and bell peppers and put in zip-lock bags too. At camp: Place a large tortilla on the pie iron. The tortilla will cover both sides of the open pie iron. You will place your ingredients on one side only! Fill with 2 tbs. of taco meat, a spoon of salsa, cheddar cheese and a few onions and peppers. Don't fill too full! Fold the burrito in half and fold in the edges to make a square packet. Close the pie iron and cook for about 3 minutes on each side. Check to make sure you don't burn it! When the tortilla is golden brown it's done! Enjoy! You can spice it up with hot salsa if you like!

COOKING IN A SKILLET / POT

Popcorn

1. Soap bottom of large pot. (This will enable you to clean your pot easily after it has sat over coals or flames.)
2. In a large pot, place 1-2 tablespoons oil and 3 kernels. Heat over fire or coals until 3 kernels pop.
3. Pour in ¼ - ½ cup popcorn.
4. Wait for popping to stop, add salt to taste, and Enjoy!!

COOKING IN A DUTCH OVEN

* CHICKEN VEGGIE DISH

4 cans Campbell's Cream of Chicken soup
2 bags of frozen mixed vegetables (corn, peas, carrots)
1 large package Tyson pre-cooked Chicken patties (not breaded) about 12 patties
2 rolls of Pillsbury biscuits

Line Dutch oven with aluminum foil. Pour soup and mixed vegetables into pot and mix. Cut up Tyson chicken patties into 1 inch cubes. Add chicken to the pot and stir mixture. Place Pillsbury biscuits over the top. Cover and cook on camp fire. Cover with 6 charcoal briquettes. Cooking time varies. Check in 12-14 minutes.

* DUTCH OVEN NACHOS

This is so easy! Line the dutch oven with foil and heap in the nachos. Add whatever you like on top usually shredded cheese, seasoned cooked beef, salsa, tomatoes. Cover and put in a medium to low fire for a few minutes. Remove from fire when cheese is melted and serve. Great appetizer for those hungry campers who can't keep their hands of your food or great a light lunch.

Dutch Oven Lasagna

1-1/2 lb. lean ground beef	1/4 cup grated Parmesan cheese
23 oz spaghetti sauce	13 lasagna noodles
9 oz shredded mozzarella cheese	1-1/2 tsp. oregano
3 eggs	3/4 c hot water
2-1/4 c cottage or ricotta cheese	

Preheat the Dutch oven. Brown the ground beef. When done remove the beef to a large mixing bowl. Add the spaghetti sauce to the beef and mix well. In another bowl, add the cottage or ricotta cheese, Parmesan cheese, mozzarella cheese (reserve a few ounces for later), eggs, and oregano, and mix well. Place the layers in the oven in the following order: Break up four lasagna noodles into the bottom of the oven. Spread about 1/3 of the meat mixture over the noodles. Spread 1/2 of the cheese mixture over the meat mixture. Break up five noodles and place over the top of the preceding mixtures. Spread 1/2 of the remaining meat mixture over the noodles. Spread the remaining cheese mixture over the meat mixture. Break up the remaining noodles and place over the cheese mixture. Spread the remaining meat mixture over the noodles. Pour the hot water all around the edges of the oven. Place the lid on the oven and bake one hour or until done. Check frequently.

Hints: This recipe works well with charcoal (12 briquettes on bottom and 12 on top). Cooking time can be reduced by precooking and draining the lasagna noodles.

Cola Chicken

Serves: 8

8 boneless, skinless chicken breast halves	3 cloves garlic; minced
1 can Coca-Cola	1 Tbs. onion powder
1 1/2 cups catsup	2 Tbs. chili powder

Arrange chicken breasts in an oiled 12" Dutch oven. In a large bowl add remaining ingredients and stir to mix well. Spoon sauce over chicken. Cover oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 60-75 minutes or until chicken is cooked through basting with pan juices every 15 minutes.

* Recipes tested at 2007 August Learning Events

Cheesy Potatoes

½ cup butter or margarine, softened
1 2 lbs package of frozen hash browns, thawed
1 t salt
½ t pepper

¼ cup chopped onion
1 can cream of chicken, cream of celery or
cream of potato soup, undiluted
10 oz to 2 cups grated cheddar cheese

1. Using the stick of butter, heavily grease the bottom & sides of the Dutch Oven.
2. Pour hash browns into Dutch Oven and sprinkle with Salt and Pepper.
3. Add chopped onion, soup, sour cream & cheese.
4. Stir gently.
5. Cover Dutch Oven and add coals.
6. Bake at 350 degrees for 1 to 1-1/2 hours. Stirring only once or twice.

Dutch Oven Chicken Dinner

3 lb Chicken -- cut into pieces
¾ c Flour
1 tbsp Assorted spices -- your Choice
2 tbsp Melted butter

2 med Onions -- sliced
4 med Potatoes -- sliced
4 lg Carrots -- sliced
½ c Water

Place flour and spices into a paper sack. Add chicken a piece or two at a time and shake. Place butter and chicken in Dutch oven and brown the chicken. Put the onions, potatoes, and carrots around the chicken and on top of the chicken. Pour water over. Cover and steam until the chicken and vegetables are tender.

Kraut & Spare Rib Country Style

1 16 oz can Sauerkraut
1 t Salt
1/8 t Pepper

1 T Brown Sugar
3 lbs Country-Style Spare Ribs

1. Pour Sauerkraut into greased or lined Dutch Oven.
 2. Add salt, pepper and brown sugar.
 3. Arrange spare ribs on top of kraut.
 4. Bake until ribs are good and done. (To speed up cooking time, parboil the ribs.)
 5. Bake in Dutch oven at 350 degrees for 50-60 minutes (30-40 minutes with pre-cooked ribs).
- Extra Touch: Add a chopped apple to the kraut before serving.

Chicken Enchiladas

2 lbs boned, cut-up chicken, cubed
2 T Olive Oil
1 bunch Scallions, diced
1 small can (4 oz) chopped Green Chiles, drained
1 can (10 oz) pitted Black Olives, drained & chopped
2 T Cumin
Salt to Taste

2 cups Sour Cream
8 flour Tortillas, 7 inch diameter
16 oz Monterey Jack cheese, sliced or grated
(4 cups)
8 oz Cheddar Cheese, sliced or grated (2 cups)
1 can (8 oz) Tomato Sauce

Tips: Cut up chicken and refrigerate in re-sealable plastic bag. Store in iced cooler until used, up to two days. Don't forget the can opener.

Prepare the Chicken: Fully heat camp Dutch oven (with legs) over 30 coals. Brown meat in oil in the oven. Add scallions and continue cooking until scallions are tender. Move oven off coals; add chilies, olives, cumin and salt; mix well. Fold in sour cream. Turn out onto another pan (or foil) temporarily if using the same pan for cooking the assemble dish.

Assemble the Casserole: Place oven over 7 coals. Cover the bottom with a few tortillas. Put in a layer of chicken mixture, a layer of the cheeses and a layer of tomato sauce. Repeat this twice to make three layers. Cover the last layer of tortillas with cheese.

Bake the Casserole: Bake 40 to 45 minutes with 7 hot coals underneath, 14 on top of lid.

* Recipes tested at 2007 August Learning Events

NO HEAT COOKING

* **MOCK BANANA CREAM PIE**

Ingredients and supplies:

1 large box instant banana pudding	milk
1 small box vanilla wafers or gram crackers	spoons
1 c. non-dairy whipped topping, thawed	disposable cups
bananas	2 gallon size zip lock bag

In one of the gallon zip lock bags pour about a dozen vanilla wafers (more or less to taste...the wafers are going to be your "crust"). Seal up zip lock bag tightly and with your hands or some other hard sturdy object, crush the vanilla wafers. Be careful not to tear holes in the bag.

Pour contents of instant banana pudding in zip lock bag, add milk per directions on pudding box. Seal up zip lock bag tightly and shake bag until pudding is set up.

When pudding is set up, spoon vanilla wafer crumbs into bottom of cups, enough to form a small layer. Add a layer of banana slices. Spoon a layer of pudding on top of the bananas, then a layer of non-dairy whipped topping, then a layer of wafers, layer of banana slices, layer of pudding, layer of topping.

Ta-daa! Banana cream pie! It's delicious! Mmmm, mmm good!

* **EASIEST EVER FRUIT SALAD**

1 (15 oz.) can crushed or chunk pineapple with juice

1 can salad fruit or fruit cocktail, drained

1 sm. pkg. instant lemon or vanilla pudding mix

Mix all together (at camp I use a good quality ziplock bag) and let set up. Salad will appear to be runny, but will thicken as the pudding absorbs juice. Chill for at least 1/2 hour or overnight. Stir before serving.

Variations include adding other canned or fresh fruits, using another flavor of pudding mix, such as lemon, coconut, banana, etc. When my children were younger I would add marshmallows or shredded coconut, or even chopped nuts. You can even add a dollop of cool whip to the top.

NOTE: Try fruit canned in juice instead of syrup, and sugar-free instant pudding. This does not compromise taste or quality.

Crunchy Cole Slaw

$\frac{2}{3}$ cup oil

$\frac{2}{3}$ cup sugar

7-8 T. cider vinegar

1 t. salt

dash of pepper

Ramen noodles, toasted (use seasoning packet in dressing)

1 small head of cabbage, chopped (or can substitute Spring Mix and Romaine lettuce)

5 green onions, chopped

1 cup sliced almonds, toasted

3 T. sesame seeds, toasted

Mix sugar, salt, pepper, vinegar, seasoning packet and oil in jar and shake until blended. Mix cabbage, onions, almonds, noodles and sesame seeds together and top with dressing.

Toss, chill and serve.

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COOKING WITH A BOX OVEN

*** INDIVIDUAL PIZZAS**

Lg. Pillsbury Biscuits (brand does not matter)
Spaghetti or Pizza Sauce
1 Pkg of pepperoni (topping does not matter)
Shredded Mozzarella

1. Flatten biscuit with fingers.
2. Place on foil cookie sheet, add spaghetti sauce, pepperoni (any topping), and cheese.
3. Place cookie sheet in Box Oven and bake for 10 – 15 minutes or until biscuit looks golden brown. Eat & Enjoy!!

Mini Campfire Pies

Mini graham cracker pie crusts (4 in pkg)
3 ripe bananas
Mini Reece's peanut butter cups
Mini marshmallows

Put mini pie crusts in a 9x13 metal pan, layer pie crust with 3-4 banana slices. Put 2-3 mini peanut butter cups on top of bananas, top with several mini marshmallows. Cover 9x13 pan with aluminum foil and put into box oven for 10-15 minutes. These make a wonderful dessert!!

Cornbread

1. Mix batter as package (i.e.: Jiffy, Bisquick) directs. Add Brown Sugar & honey if desired.
2. Pour into greased pan.
3. Place in Box Oven with hot coals.
4. Cover Box Oven.
5. Cook until done.

Garlic Bread

1 loaf Italian Bread
1 container of Butter spread
3 T minced Garlic

1 T Garlic Salt
3 T grated Parmesan Cheese
Chopped Parsley

1. Mix together butter spread, garlic, cheese & parsley. (This can be done ahead of time & stored in the refrigerator for some time.)
2. Slice bread; make each slice about an inch thick. DO NOT cut all the way through the loaf.
3. Spread butter mixture onto each slice.
4. Wrap loaf in foil and place in a box oven.
5. Cook about 20-30 minutes.

Drop Dead Pork Chops

Thick Pork Chops
Potatoes (1/4-inch thick slices)
Pepper
Minced Garlic

Honey
Dried Mint
Heavy Duty Tin Foil

Layer taters in foil, sprinkle with pepper & garlic. Place pork chop on taters, crush mint on top of the chop and add 1 tablespoon of honey. Wrap tightly in foil and place in coals (like a regular foil-pak, only a little longer time)

Comment: This one works well with a box oven, or baked in a dutch oven also.

* Recipes tested at 2007 August Learning Events

NOVELTY COOKING

Kick the Can Ice Cream

Super Easy Method

1 1lb Coffee can, with lid	1 t Vanilla
1 3lb Coffee can, with lid	Ice
1 cup Cold Milk	Salt
1 cup Sugar	Duct Tape

1. Place the ice cream mixture in the smaller coffee can (make sure it is a good clean can) and seal the can with the lid on tightly, using Duct Tape.
2. Now place that smaller can in the larger coffee can. Place the ice and the salt around the smaller can making sure the smaller can is more or less in the center of the larger can.
3. Seal the larger can with lid tightly, tape, and roll the can around for about a half hour.

Kick the Can Ice Cream

Original Method

1 1lb Coffee can, with lid	½ t Vanilla
1 3lb Coffee can, with lid	Flavoring (chocolate syrup, raspberry, etc.)
¾ cup Whole Milk	Crushed Ice
1 cup Cream	¾ cup salt or rock salt
1/3 cup Sugar	

1. In a 1 lb Coffee Can, combine ¾ cup Whole Milk, 1 cup Cream, 1/3 cup Sugar, ½ t Vanilla, and flavoring.
2. Place plastic lid on the 1 lb Coffee Can.
3. Place the 1 lb can into the 3lb Coffee Can.
4. Pack with crushed ice and pour ¾ cup Salt or rock salt in between cans.
5. Put a plastic lid on the 3 lb coffee can. Roll the can back and forth to a friend for 10 minutes.
6. After 10 minutes of rolling, take the lid off and with a table knife; scrape the ice cream off sides and stir into mixture.
7. If it needs more freezing, drain water out of the large can. Place the small can back into the large can, pack with ice and salt or rock salt, and roll 5 minutes more.

Ice Cream in a Bag

1 T Sugar	6 T Rock Salt
½ cup Milk or Half & Half	1 Pint-size Ziploc plastic bag
¼ t Vanilla	1 Gallon-size Ziploc plastic bag
Ice Cubes	

1. Mix all ingredients except rock salt and ice cubes into the 1 pint-size plastic bag.
2. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
3. Put milk, vanilla, and sugar into the small bag, and seal it.
4. Place the small bag inside the large one and seal again carefully.
5. Shake until mixture is ice cream, about 5 minutes.
6. Wipe off top of small bag, then open carefully and enjoy!

NOTE: *As in all recipes, results can vary depending on humidity, conditions, etc. If the weather is humid, you may not get ice cream, but you will have a delicious shake! Please try any recipe out before attempting in a group setting.*

HINTS: *I have used **instant pudding mix** for the flavoring and to help the mixture thicken. Also found that adding a **frozen mix-in** (such as chocolate chips, small pieces of strawberry, nuts) helps agitate and cool the mixture.*

* Recipes tested at 2007 August Learning Events

PRINGLES CAN SOLAR COOKER

The Pringles Can Hot Dog Cooker may be assembled by the scout with assistance. You will need to find a location where the cookers can be set down with the opening at the proper angle to let in the sunlight.

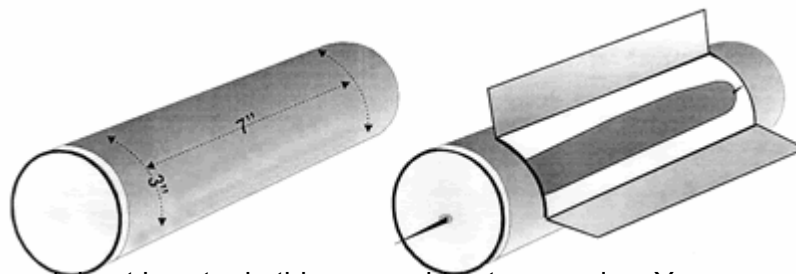
Materials

Pringles can
wooden skewer, 14" (or wire coat hanger, straitened & cut)
oven roasting bags or transparency film

tape
knife
hot dogs
buns & condiments

Procedure

1. Cut opening in Pringles cans (see diagram).
2. Bend the flaps open on the can. These will serve as reflectors to collect more of the solar radiation into the cooker.
3. Cut the transparency film to fit over the opening and tape in place. This will serve as glazing to let the sun's energy in but not let the heat out.
4. Make small holes in the center of the metal end of the can and in the plastic lid
5. The hot dog is suspended in the middle on the skewer. (Cooker can also be used for kabobs). To do this, remove the plastic lid, put the hot dog on the skewer, slide the skewer into the can poking the end of the skewer out through the hole in the metal end, and then thread the hole of the plastic lid onto the other end of the skewer and push it up to seal the can. The hot dog should be suspended in the center of the can.
6. Take the cookers out into the sun. Make sure that the cooker is facing directly towards the sun so that the sun is shining/reflected directly onto the hot dog.
7. Check the cooker frequently and adjust their position to match the path of the sun
8. In a bright sunny day with minimal breeze, the hot dogs will be ready to eat in 30 - 45 minutes.



NOTE: There is too much heat loss to do this on a cold yet sunny day. You can wrap can with an insulator such as a couple of the kind that you put a canned drink in to help prevent heat loss. Just slit the can insulator and slide around the Pringles' can. I found this Pringles can solar cooker on the web someplace and thought it was so neat that I couldn't wait to try it and sure enough it worked. Went camping and was to show the girls. The temps dropped way down so that it did not work well. That is when I thought about adding the insulation to keep the heat from dissipating so quickly. They are fun quick and easy to use if the sun is shining.

FLAMING DOGS

Hot Dogs
Buns
Foil

Milk Cartons
Matches
Condiments

Place raw hot dog in bun. Wrap well in heavy duty aluminum foil. Place in paper milk carton (if using 1/2 gallon, you can put 2 foil-wrapped hot dogs in the carton). Light the top of the milk carton. By the time the carton burns to the bottom (the wax coating helps it burn easily), your hot dog is cooked and your bun is toasted! It really works!

* Recipes tested at 2007 August Learning Events